

THE CITIZEN

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The 6th Area Support Group Newspaper

August 30, 2005

Stuttgart, Oberammergau and Garmisch, Germany

Suicide: *Never* the solution — Help is available: Pages 8-9 —



file photo

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New principal at Patch High School

Susan Page brings a philosophy of student empowerment and parental cooperation to her new job as principal of PHS.



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Camp adds adventure to summer in Stuttgart

Camp Adventure continues its 20-year tradition of adding excitement to summers on U.S. military installations worldwide.



Thorns 'n Roses

From community submissions



Roses to:

Kim at the Panzer Shoppette, for never failing to bring a smile to my face – no matter how frustrating my day was, or how long hers has been.

I realize that Kim must deal with hundreds of customers every day, but she treats them all like special people.

Her attitude, quite simply, is as wonderful as it is rare.

Joel Loney of the Pass & ID Office on Patch Barracks, for providing top-rate customer service that truly exceeded my expectations.

During my recent visit to Pass & ID, the computer system was running extremely slowly – but thanks to Joel's sense of humor, sincerity and obvious commitment to customer service, the time flew by. His is an example that should be emulated.

The college students who staffed the Camp Adventure summer program in Stuttgart and Garmisch (and the 6th ASG personnel who ensured that the experience was such a successful one)

The opportunities offered to our children through this program truly made their summer one to remember – and the dedicated service of all staff members was especially appreciated.

Thorns to:

The person who took my Nikon 5.1 digital camera from the Panzer Fitness Center cardio room in the early evening of 16 Aug 05.

There are irreplaceable photos on the camera and I would like it back. Please have a conscience and return it to the Fitness Center staff.

E-mail comments to citizen@6asg.army.mil or fax them to 421-2570/civ. 0711-729-2570.

Soldier finds purpose for service in example set by fellow service members

By **Spc. Jennifer Fitts**
Commentary

I've been asked before what makes me stay in the Army through what will probably be, in its entirety, an almost three-year separation from my husband, and I can't seem to explain it.

Why am I in the Army?

The simple answer might be "patriotism." My patriotism toward the Army is the topic of this commentary, but there's so much more to it than that.

Yes, I am a patriot. I love my country and I'm proud of her. I'm not proud of everything that she's done, but I am proud of her as a whole. I am proud of the ideals that my country stands for; proud of the people who, whatever background they come from, stand beside me and say "I'm an American."

I'm proud of the country that my great-grandparents risked their lives to come to, from Holland, from France, from Poland and from Russia. They saw a golden land, one where dreams grew wild in endless stretches of land.

I still see that original promise that brought them here.

I see those very same dreams, though there are days when those dreams don't shine so brightly, and I wonder if the "American Dream" is a shadow that I've been told to chase with no hope of actually catching it.

Then, the sun comes out again, and my dreams, so big that only a land as vast as America could hold them, shimmer in the sun like treasures scattered over mountains.

I love my country.

I love her with a fierce pride and a passion that isn't always explainable to someone who hasn't experienced that love.

I love my country enough to answer her call, to put my civilian life on hold to respond to the burden she asks me to pick up, regardless of whether or not I agree with why she's asking me.

I love her enough to wear a uniform and to possibly give my life in her service.

But there's more to it than that.

Over the years, I've tried putting it in plain words, with various degrees of success.

I'm a patriot, yes, but it's more than a deep and abiding love of my country and a need to give back to her somehow that keeps me in the Army.

It's not the pay; although for the first time in my adult life I am totally out of debt and living more than just barely above the poverty level.

It's not the education benefits, since I earned them after my first enlistment. The GI Bill is a lovely thing, but it's not why I stay.

It's not the medical care necessarily, since as a National Guard member, I don't get many medical bennies when I'm not activated.

It's the people – the Soldiers. The good, the bad and the indifferent.

It's that human factor that reaches out, across backgrounds and educations and lives, and binds us together.

No matter how fragile those bonds seem, they're still there and they're everlasting.

Get a group of people together and the Soldiers and veter-

Yes, I am a patriot. I love my country and I'm proud of her. The men and women in uniform beside me show me why I'm proud of my country. My fellow Soldiers remind me day in and day out why it is that I love America and why I stay in the Army.

ans will congregate, usually trading "No kidding, there I was" stories, peppered with obscure acronyms and coarse language.

It's a uniquely shared set of experiences, shared by individuals who are, forever afterward, part of something bigger than themselves. It's something that honestly defies my attempts to catalogue, classify or quantify. It's almost impossible to truly dissect.

I've been asked if I could find such fulfilling camaraderie in another field, and I probably could, as long as certain parameters were met. My alternative calling would have to be challenging, both physically and emotionally and involve things that should suck, but somehow, don't.

I'd require that my other calling involve daily "some-things" that, with rare exception, leave me dirty, tired and mad at stupid stuff, but still has me laughing my butt off at the end of the day.

I could probably find that dream job somewhere else, but I love Soldiers, like no one I've ever loved before.

They are, in my mind, my family. I've been through so many things with other Soldiers. I've been hurt by other Soldiers and also held up by Soldiers when I thought I couldn't take any more.

I've fallen in love with a Soldier, someone who understands the why, the what, and the how of the Army, and I wouldn't trade that for anything.

I've cried because of my love of the Army and I've experienced anguished heartbreak, enduring personal sacrifices that made me doubt my future in the military.

I've laughed and cried and made friends who will be part of my life until the day I die.

So, yes, I am a patriot.

But the men and women in uniform beside me show me why I'm proud of my country. My fellow Soldiers remind me day in and day out why it is that I love America and why I stay in the Army.

For that, I thank them.

Fitts is an Army journalist with the 100th Mobile Public Affairs Detachment. This article first appeared in the Marne Express, a weekly newspaper for Task Force Baghdad and the 3rd Infantry Division.

THE CITIZEN

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www.stuttgart.army.mil

Let your voice be heard in your community newspaper

One of the missions of The Citizen is to be a means of communication and discussion among the members of the Stuttgart and Garmisch military communities.

Features such as *Thorns 'n Roses*, *On the Street* Ask an Expert and our weekly com-

mentaries are designed to highlight the issues and opinions that are on the minds of our community members.

To let your voice be heard in the The Citizen, e-mail citizen@6asg.army.mil or call 421-2046/civ. 0711-729-2046.



6th Area Support Group Command Sgt. Maj. Mark Barbary greets community members Aug. 25 in the Kelley Community Club. The reception followed a change-of-responsibility ceremony during which Barbary officially assumed the duties of the 6th ASG's senior enlisted advisor.

6th ASG welcomes new command sergeant major

Story & photos by Hugh C. McBride

Command Sgt. Maj. Mark Barbary officially assumed the duties of the 6th Area Support Group's senior enlisted advisor during an Aug. 25 change-of-responsibility ceremony on Kelley Barracks.

Barbary received the command sergeant major's symbolic saber from Installation Management Agency Europe Region Command Sgt. Maj. Teresa King.

Also participating in the ceremony was 1st Sgt. Gregory Heckel of the 6th ASG's Headquarters and Headquarters Company, who has served as the organization's acting sergeant major since the July 25 departure of Command Sgt. Maj. Daniel Chavez.

Honor & enthusiasm

"It is indeed a distinct honor that I address you as the 6th ASG command sergeant major," Barbary told the community members and host-nation dignitaries who gathered in the Kelley Fitness Center for the ceremony. "I'm excited, motivated, and pumped up – and I look forward to working with you all."

Barbary came to Stuttgart from Hohenfels, Germany, where he served as command sergeant major for the 282nd Base Support Battalion (Joint Multinational Training Center). A veteran of Operation Desert Storm and Operation Iraqi Freedom, he initially trained as an electronics mechanic for Nike Hercules nuclear warheads.

Noting the wealth of experience Barbary brings to the 6th ASG, King said that his selection is indicative of the Army's commitment to transform the manner in which it supports its communities and family members.

"Transformation comes from within," King said.

Adding a Soldier with a history in air defense artillery to the 6th ASG command group is "the start of a new tradition here in Stuttgart," she said. "This is a great day to be a Solider."

Great experience

Barbary's new boss was equally effusive in his praise for what the new command sergeant major will add to the Stuttgart military community.

"I'm just thrilled to have a command sergeant major who has such great experience with Soldiers, families and community issues," said 6th ASG Commander Col. Kenneth Juergens. "Command Sgt. Maj. Barbary will be my right-hand man, and he will do great things for this community."

For more about the 6th ASG visit www.stuttgart.army.mil.



6th Area Support Group Command Sgt. Maj. Mark Barbary salutes the colors as the U.S. national anthem is played during the Aug. 25 change-of-responsibility ceremony.

I'm just thrilled to have a command sergeant major who has such great experience with Soldiers, families and community issues.

Col. Kenneth Juergens
6th Area Support Group Commander

News & Notes

Fitness Center celebration on Patch

All members of the Stuttgart military community are invited to attend the grand re-opening of the remodeled **Patch Fitness Center gymnasium** Sept. 9. A ribbon cutting ceremony will be held at 10:30 a.m., followed by an open house that will run until 12:30 p.m.

Enjoy free fitness classes, massages, equipment demonstrations, door prizes, giveaways, healthy snacks and beverages. For details call 430-7136/civ. 0711-680-7136.

Community blood drive

The 52nd Signal Battalion and the Landstuhl Blood Bank host a **community blood drive** Sept. 13 and 14, 9 a.m. to 3 p.m., in the Patch Fitness Center gymnasium.

All U.S. ID cardholders who are eligible blood donors are invited to help support deployed Soldiers. For more information about the blood drive see page 12 or call 430-4417/civ. 0711-680-4417.

Air Force Ball in Stuttgart

The **58th-annual Air Force Ball** is Sept. 17, 6 p.m., in the Sindelfingen Stadthalle. *Tops in Blue*, the Air Force's premier entertainment group, will perform during the event.

Free shuttle transportation will be available from each Stuttgart military installation (bus schedule to be posted later). Ticket prices vary depending on pay grade.

For tickets call Maj. Shawn Teagan at 430-8408/civ. 0711-680-8408 or e-mail yatesd@eucom.mil.

Special Forces Association Luau

The **Special Forces Association Chapter V** hosts its **annual Luau Party** Sept. 10.

The event features live music by Kitchen Pass, door prizes, raffles, barbeque and a bouncy castle for the kids.

Cost is \$8 for non-members and \$5 for members. Children under 12 years old are free.

For details call Master Sgt. David Takaki at 07157-536-849, 07031-15-2844 or e-mail takakid@hotmail.com.

FCC providers needed in Stuttgart

Child and Youth Services seeks **family child care providers** to fill a variety of positions. Become your own boss and work from home under flexible hours. All training and materials will be provided. For more information call 421-2002/civ. 0711-729-2022 or visit the FCC office in the Kelley Community Center, suite 2.

Girl Scouts seek volunteers

The **Stuttgart Girl Scouts** need **volunteers** to fill a variety of positions including troop leaders, co-leaders, troop consultants and special award advisors. Training will be provided.

For more information or to apply call Jessica Green at 0711-633-9370 or Lynn Wagner at 07157-53-7325 or e-mail stuttgartgirlscouts@yahoo.com.

Labor Day Golf Classic

The **Stuttgart American Red Cross** hosts its **annual Labor Day Golf Classic** Sept. 5 at the Stuttgart Golf Club in Kornwestheim.

The tournament is an 18-hole four-person scramble with more than \$1,000 in prizes up for grab.

Teams are encouraged to register early due to limited space for walk-ons on tournament day.

For more information or to register your team call 431-2818/civ. 07031-15-2818 or fax 431-2942/civ. 07031-0150-2942. Teams may also fill out enrollment forms in the golf course pro shop.

MCCW membership luncheon

The **Military Council of Catholic Women** will host a new membership luncheon Sept. 9, 11 a.m. to 1 p.m., in the Patch Barracks Community Club. Free childcare will be provided. For details call Cindy Gendron at 07031-63-3747.

Early Development Intervention

Early Development Intervention Services will have its next Local Interagency Coordinating Council meeting Sept. 7, 10:30 to 11:30 a.m., in building 2307 on Patch Barracks. The meeting is a chance for parents of children with special needs to meet with representatives from community service agencies. For more information call 431-2697/civ. 07031-15-2697.

Start back to school with safety in mind

School bus, pedestrian safety tips help keep your kids safe

6th Area Support Group Safety Office

School will soon be back in session, and that means hundreds of students will be coming and going to schools every day. Many will ride the bus, but others will walk, ride their bikes or be driven to school.

Whatever mode of transportation your child uses to get to school this year, help ensure that he or she stays safe.

School bus safety

School bus transportation is safe. In fact, according to the National Safety Council, bus transportation is safer than riding in a car.

But last year in the United States, nearly 9,000 students were injured during incidents involving school buses.

More often than not, these injuries didn't occur during a crash, but as the pupils were entering and exiting the bus.

To help avoid injury, students should remember the following guidelines while waiting for, entering and exiting a school bus:

- Have a safe place to wait for the bus, away from traffic and the street.
- Stay away from the bus until it comes to a **complete** stop and the driver signals you to enter.
- While on the bus, never put your head, arms or hands out the window.
- When being dropped off, exit the bus and walk ten giant steps away from the bus until you can turn and see the driver. Ensure that the driver sees you as well.
- Use the handrail to enter and exit the bus.
- Once off the bus, stay away from it until the driver gives a signal that it's safe to approach.
- Be aware of the traffic around you. While drivers are required to follow the rules of the road concerning school buses, not all do.

Walking and biking

Like their bus-riding counterparts, students who walk or ride a bike to school should

Young pedestrians face a wide variety of decision-making situations and dangers while walking to and from school.

arm themselves with safety tips to help protect themselves from injury.

Young pedestrians face a wide variety of decision-making situations and dangers while walking to and from school.

If your child walks to school, ensure that he or she follows basic safety tips:

- Obey all traffic signals and crossing guards. Never cross the street against a light, even if there is no traffic coming.
- Walk with a friend.
- Wear reflective material, which will make you more visible to traffic.
- To correctly cross the street, children should stop at the curb, look left, right and then left again before crossing.

Riding in a car

Buckle up! Most car crashes occur close to home, and using a seat belt is the best form of protection for drivers and their passengers.

Everyone must be buckled up properly. This means parents and older children should always wear seat belts and younger children should always ride in car seats or booster seats.

For more information about back-to-school safety visit the National Safety Council Web site at www.nsc.org.



file photo
Although youngsters don't always pay attention when they should, it's important to emphasize school transportation safety. Taking a few moments to review school bus and pedestrian safety tips with your children will help ensure a safe school year.

Gov't sets safety standards

The U.S. Department of Education has identified the fundamental qualities of a safe and responsible school:

- The school has **strong leadership, caring faculty, family and community involvement** that includes law enforcement officials and representatives of community-based organizations, and student participation in the design of programs and policies.
- The **physical environment** of the school is safe and policies promote and support responsible behaviors.
- **Prevention and intervention programs** are sustained, coordinated, and comprehensive.
- Interventions are **monitored** and evaluations are conducted to ensure that the programs are meeting measurable goals and objectives.
- Staff are provided with **training and support** to help them implement programs and approaches.

Schools that incorporate these characteristics will achieve improved academics, reduced disciplinary referrals and suspensions, greater staff morale and enhanced safety.

Source: The National Criminal Justice Reference Service (www.ncjrs.org/school_safety/summary.html).



It's a Fact:
Kids are safer when they ride in the back.

The National Safety Council has noted significant decreases in injuries and deaths as more drivers ensure that young passengers are always buckled up and always ride in the back seat.

For more information visit www.kidsinback.org.

Page prepared to lead Patch HS

New principal brings philosophy of student empowerment, enhanced communication with parents

By Christine Castro

High school is a time to help prepare [students] for what they will do later in life ... a time for students to find their passion, what makes them happy. [We must] always take care of our kids. That is my charge to the teachers and staff." — Susan Page

This task is one that Susan Page has committed herself to with enthusiasm and optimism.

Page, the new principal of Patch High School, said she is looking forward to applying her student-centered philosophy in her new position in Stuttgart.

"I am very happy to be in the Stuttgart community. I have met with the student body president and have been very impressed by the students. I am looking forward to getting to know them and working with them," Page said.

Mother, teacher, principal

As a teacher and a mother of three children herself — one each in college, high school and elementary school — Page brings with her to Stuttgart an abundance of experience in dealing with children.

"I don't expect teenagers to be perfect, but I do expect them to learn from their mistakes, accept the consequences and move on," she said. "They can be responsible for themselves as long as they are provided with the right tools. I am here to do everything in my power to help [them] with that."

In a recent interview, Page recalled her graduating students at Aviano Air Force Base in Italy.

"I loved the experience of graduation day and seeing the students who I worked with and mentored, graduate and take the step into the next part of their life. I felt genuinely excited for them," she said.

"The most important day of the year is graduation day. There is nothing more incredible than that," Page said. "I want [the students] to be really proud of their accomplishments and be really excited and feel like they are prepared to start the next part of their life."

Page said she carries that experience with her as she begins the next chapter of her career — and hopes to impact the lives of the students of Patch High School.

To accomplish that, Page said, she believes in empowering students to be able to make decisions on their own with the help and support from parents and teachers.

"I want them to try new things and know that it's okay to make mistakes, and to make the right choices. But they have to do it, not their parents."

Support breeds improvement

Page said she has many plans to help the school and the students be exceptional.

"We can have very high expectations [of kids] as long as we are providing them with the support they need," she said.

Communication, Page said, will be one of her priorities as principal. "Because the more we [communicate], the more we help our kids."

Page said she plans to have daily electronic bulletins e-mailed to students and parents after the school's new computer student management system is up and running — which she expects to happen by the end of September.

The bulletins, Page said, will be student-centered to include information about meetings, deadlines, reminders about policies, athletic scores and a calendar with important dates.

We can have very high expectations [of students] as long as we are providing them with the support they need.

Susan Page
Patch High School Principal

She said it will be a perfect vehicle for parents to be able to respond with questions or concerns and reply directly to her.

However, she does encourage parents to contact their child's teacher first with issues pertaining directly to the classroom, as the teachers will have more insight into the child's perceptions and situations that may be occurring within the classroom.

This year, the school will also be promoting teachers' e-mail addresses as a means of more convenient communication for "high ops-tempo" parents and to avoid phone tag.

High expectations

In addition to increasing communication between the school and parents, Page is also optimistic about raising students' test scores.

"I want to see improvements in grades and test scores because this student body is capable of it, with the right support," Page said.

"I have very high expectations for kids in this community. I fully expect our test scores to be very high and our performances to be very high — but having three kids of my own, I also know that support is very important."

She said she will hire educational aides to work with mentor tutors from U.S. European Command for an after-school tutoring program she plans to have take place at the library at least two days a week.

She also wants to combine efforts with the 6th Area Support Group's Youth Services after-school homework program by offering them extra textbooks.

Expanded resources

Under a Department of Defense Dependents Schools initiative, PHS currently offers support classes that can be taken by students in order to enhance their learning of subjects in which they may be experiencing challenges.

After reviewing these existing classes and student test scores, Page added additional sections that she believes may benefit students who may not otherwise enroll in such classes. These added classes include reading, language arts and math.

"[The classes] target exactly what students need to work on and give them a whole extra period and time to work on problem areas or challenges, and show them how to come at the problem from a different direction using different skills," Page said.

Planning ahead

In addition to these additional sections, Page will also introduce two college preparation classes designed to prepare students for the Scholastic Aptitude Test, to include the application process, essays, and simply how to do



Susan Page

better on the test.

Page's experience in having taught these courses in her previous assignments has shown "real gains in this program," she said. "Over-achieving kids are usually very involved in after-school activities and they need the time during school to learn test-taking strategies."

Learning outside the classroom

Although Page has mapped out many improvements to increase students' academic development, she has not spared the extra-curricular activities.

Studies have shown that students who are involved in music, sports and drama often get better grades. Page feels strongly about this and encourages student involvement.

"We have very dedicated teacher-sponsors and coaches, and there isn't any excuse for students not to be able to be involved. I would really like to see them involved in extra-curricular activities, and the teachers are the ones who make that happen."

"Teenagers and pre-teens have a lot of energy and it needs to be challenged positively and the majority of their time needs to be structured. They have to manage their time better and they have to make their deadlines. I am a real believer in that," Page said.

Page also expressed her excitement for the physical improvements being made to the high school — to include renovations to the science lab, and a new floor in place in the gymnasium.

As Page looks forward to this school year, she notes that in order to have a successful school, support is needed from many areas.

"I have a lot of very dedicated teachers and assistant principals, Dr. Lavette Mullinix and Duane Werner, who are willing to put their time into the kids," she said.

"The support from the 6th ASG Commander Col. Kenneth Juergens, Deputy to the Commander Joseph Moscone and School Liaison Officer Joyce Kennedy has been tremendous, especially as we transition and get ready for the new school year," she said.



Patch High School Online

www.stut-hs.eu.dodea.edu

- Activities & Clubs
- Calendar
- Curriculum
- Handbooks
- Lunch Menu
- PCS Information
- Registration
- Summer Reading List

And much more!



Stuttgart group reaches out to underprivileged German children

Story & photo by Christine Castro

One private organization showed that fostering German-American relations and reflecting a positive image of Americans can start at a very early age.

Stuttgart's Mozart Lodge 69 sponsored 18 German children for a day of fun, pizza and entertainment at the Galaxy Bowling and Entertainment Center Aug. 12 on Panzer Kaserne.

Inspired after serving Thanksgiving dinner at an orphanage last year, Sgt. 1st Class Danny White of Mozart Lodge 69 said that he contacted Army Community Service and asked if they could put him in touch with German children who may not otherwise receive such opportunities.

White, who works with U.S. European Command, was put in touch with child counselor Sandra Radzik at *Paulinen Pflege* – a social organization for challenged children. "I think [the invitation to the Kaserne] was a very nice offer. We are open and we [will] try it," she said. "I think bowling is very nice and [the children] enjoy it."

Positive face on America

White explained that the choice to bring these children to the Kaserne was twofold. *Paulinen Pflege* benefits children and youth with a variety of different social needs or developmental challenges – to include psychological or therapeutic.

"The main goal is for the children to be able to [remain living] at home – if it doesn't work out, they may have to go to a [structured] home, but that is not the goal," Radzik said.

Not only does it give the children the chance to do something different, but it was also an effort to help dispel negative views of Americans, White said.

German children often see Americans on television depicted in a less than friendly manner, White said.

"When we were coming to get them [to bring the children to the bowling alley], they thought we were coming in Humvees," White said. "We wanted to show the children the good side of Americans rather than always being related to war."

Curiosity about Americans living in Germany is not limited to children, however.

"One mother who accompanied her daughter came with the children because she wanted to see what the inside of Panzer Kaserne looked like," Radzik said.

Community support

Mozart Lodge 69 funded the day's activities – which included pizzas, drinks, video games and bowling – with profits generated from fundraisers that the group regularly holds throughout the year.

"We try to give the community as much support as we can – even the German community. That's what Mozart stands for – if we can help out, that's what it's all about. Anything we can do to benefit the community, then we'll try to find a way to fund it," White said.

It takes participation and motivation to accomplish an event like this, White said. "[The Soldiers] take their time away from their families to be willing to do this. We have about seven Soldiers from the 1st Battalion, 10th Special Forces Group (Airborne), Marine Corps Forces Europe, and the airfield. Their supervisors were all very supportive of their troops taking time out of their work schedules to support the event."

Language challenges

Whether the children needed help rolling their bowling ball, used the side rails or simply took the challenge all on their own, they all seemed to enjoy the day. However, one 9-year-old girl expressed her pleasure for more than just the bowling, pizza and video games.

"I am having fun and it makes me happy. It's good to exercise my English because I can only learn very little in the school, I would like to have more English in school. I like that



A young German girl celebrates success on the lanes of the Galaxy Bowling and Entertainment Center during an event hosted by Stuttgart's Mozart Lodge 69.

"We try to give the community as much support as we can – even the German community. If we can help out, that's what it's all about."

Sgt. 1st Class Danny White
Mozart Lodge 69

I can speak more English here," said Natascha Ristau.

However, her sister, Tati, age 8, was not as thankful to have to practice her English.

"I cannot speak the language, so I don't understand the people. It is strange. It is hard," said Tati.

Other than the language barrier, Tati had only one other complaint. "It's a pity that I cannot knock all the pins down."

In order to help with the language barrier, the computers at each lane where the Germans played, were programmed to read in German – one of nine different languages in the computer's capacity, said Stacie Mathis, the facility's manager.

"I think it's awesome that they are doing something to bring the German kids out here [on the installation]. I think it shows a good partnership," Mathis said.

For more information about *Paulinen Pflege* visit www.paulinenpflege-stuttgart.de.

For more information about Mozart Lodge 69 contact White via e-mail at whited@eucom.mil.



Tech. Sgt. Brian Davidson

Eight-year-old Baher and his mother, Afaf, board the C-130 aircraft that took them on the first leg of the journey to New Orleans, where Baher will have heart surgery.

U.S. military brings Iraqi child to States for heart surgery

By Tech. Sgt. Melissa Phillips
407th Air Expeditionary Group

Eight-year-old Baher looks like a happy, healthy boy on the outside. But the members of the combined Iraqi and U.S. Air Force C-130 aircrew who flew him on the first leg of his journey out of Iraq Aug. 22 know he isn't healthy – at least for now.

Baher and his mother, Afaf, are headed to New Orleans to have a hole in his heart repaired through a new program called "Operation Mend a Heart."

In Basrah, a team of Army civil affairs specialists from the Humanitarian Operation Center in Kuwait was waiting to whisk the family to Kuwait to pick up the proper visas and paperwork.

Later in the week, the mother and son were to board a plane headed for their ultimate destination – Tulane University Hospital and Clinic, where Baher will undergo surgery to correct a congenital heart defect.

Tulane is donating the \$100,000 surgery. Operation Mend a Heart is facilitating the effort between Tulane, the U.S. military, and coalition forces.

More than 10 different U.S. and coalition military and civilian agencies will have a part in getting Baher to New Orleans for the life-saving surgery.

"Let's just say it's a network of inspired people," said U.S. Army Lt. Col. Mark N. Matthews Sr., of the 90th Regional Readiness Command at Camp Pike, Ark.

The Ali Base C-130 aircrew had only a short portion of the mission, but it left a lasting impression. "This was the first (advisory support team) mission that flew humanitarian airlift for their country," said here.

"When Baher and his mother were driving away, they were all big smiles," said Maj. Bob May, a Squadron 23 advisory support team pilot instructor who served as co-pilot. "It was a great feeling being able to do this together with so many Iraqi crewmembers on board."

During the expected four-week recovery period after the surgery, an Iraqi professor at Tulane will host Baher and his mother.

"Most Americans think of our military in combat roles," said Karen Troyer-Caraway, founder of Operation Mend a Heart. "Many Americans do not realize that our military mission also includes humanitarian assistance, rebuilding communities, and investing in the future."

For more information about Operation Mend a Heart visit www.www2.tulane.edu/mendaheart.cfm.

Summer fun in Stuttgart

Adventures abound for campers, counselors

Story & photos by Brandon Beach

William Least Heat-Moon once warned his readers to “be careful going in search of adventure, it’s ridiculously easy to find.”

Stuttgart’s School Age Services and Youth Services didn’t have to search far this summer to find adventure. It arrived in June when University of Northern Iowa deployed nearly 50 Camp Adventure staff members to infuse their “magic” into the 6th Area Support Group Child and Youth Services 2005 Summer Camp.

With its curriculum of daily arts and crafts activities, exploding science projects, sports and fitness programs and weekly field trips to places like Holiday Park and Sea Life, Camp Adventure leaves behind plenty of memories for children to talk about when they return to school.

“They’ve [camp counselors] been fantastic all summer – over and above the call of duty. They’ve been great capturing the kids’ interests, reliable and always willing to help out,” said Kelley Barracks SAS child and youth program assistant Brian Sherman.

Theory to practice

Founded in 1985 at the University of Oregon, Camp Adventure started with the simple idea of creating a non-profit organization that would provide recreation and leisure camps to youth.

The program gives university students (typically majoring in an educational field, but all majors are welcome) a chance to integrate classroom knowledge into a real-world setting, or in this case, an international setting.

Program organizers felt there was no better platform to launch this idea than with the U.S. military, with families stationed around the globe at remote sites including Japan, Korea, Taiwan, Germany, Spain, Holland, England, Turkey and Iceland.

Add free round trip plane fare to this list of exotic travel hot spots, and suddenly students will emerge from the library’s archives to fill out a recruitment application.

“It’s difficult to pass up an e-mail that says, ‘Do you want to go to Japan for three months? All expenses paid,’” said Mallory Angeli, who conducted daily youth swim lessons this summer at the Sindelfingen Pool.

The first Camp Adventure contract led to three camps on military installations in Korea.

The program now boasts more than 600 trained staff from more than 80 participating universities. These individuals deploy to more than 180 sites worldwide to provide quality camps to youth.

During the academic school year, camp recruits dive into a rigorous training program where they spend 60 unpaid hours to learn their craft and develop that infectious spirit.

Counselors arrive on site certified in first aid, CPR and lifeguard training, and armed with a jukebox-sized catalog of over 100 catchy camp songs.

“Not a day goes by that I don’t wake up with a different song in my head,” said Program Director Holly Westphal, who has been singing for Camp Adventure for the last five years. “My roommate even caught me singing one in my sleep.”

Camp staff depart to sites – such as military installations, U.S. embassies and some private corporations – as early as May. They



Demonstrating two of the many forms that a summer adventure can take, Camp Adventure counselors and youth participants enjoy an adrenaline-fueled rush down a LegoLand roller coaster and a more cerebral visit with a critter from the distant past. CA offers a wide range of opportunities for military youth throughout the world.

live in military housing units ranging from makeshift tents – as Kelley SAS camp counselor Melanie Snedeker experienced last year in Naples, Italy – to five-star hotels.

In Stuttgart, the majority of the staff is housed in the dorm-like rooms on the second floor of the Kelley Barracks Community Club.

Others bunk in the Hilltop Hotel on Robinson Barracks and the Swabian Inn on Patch Barracks.

What’s next?

CYS and Camp Adventure staff closed out its summer camp Aug. 18 with a farewell barbecue. The Panzer SAS parking lot played host to numerous arts and crafts activities, face-painting booths, basketball games, chess duels, a “dunk-your-favorite counselor” tank and a “bouncy castle.”

This event brought tears to the eyes of several area children and signaled the departure of Camp Adventure staff, as many needed to return to the states to begin a new calendar of college classes.

Camp counselor and future fifth-grade teacher Ian Maver, who returns to the University of Oregon to begin his master’s studies in education, said he would miss the daily interactions with the children and the friendships he found in Stuttgart – as well as something that has played a prominent role in his daily diet.

“I’ve decided that I’m going to buy a rack of lamb for my apartment and mount it on a slow-cook spindle,” Maver said. “I’ve come to believe that whoever invented the Doner kebab is a true genius.”

And speaking like a true entrepreneur burdened with college loans he mused, “I might even open the first kebab shop in Eugene.”

For more about Camp Adventure visit www.camp-adventure.uni.edu.

Worldwide opportunities

Student-managed’ is another tenet that instills Camp Adventure with its spirit. Even at the top administrative levels, one can find a fresh young face from program directors, program coordinators, day-camp counselors, teen specialists, water safety instructors and lifeguards – all ready to rapidly deploy to a military community.

In 2004, Holly Westphal completed her master’s degree in education from the University of Oregon and now works as the area’s program director. She serves as a valuable communication link between the 6th Area Support Group’s Child and Youth Services administration and the frontline camp counselors.

Between Garmisch, Stuttgart and frequently Heidelberg, Westphal has logged nearly 1,000 miles on the Autobahn managing all the nuts-and-bolts issues such as making sure counselors safely get off the plane and helping them check into their living quarters, purchase phones, find their way around town and send packages home.

“Keep a counselor happy, and it means you have a lot of smiling kids,” she said.

Water safety instructor Mallory Angeli sees Camp Adventure as an opportunity to further her leadership credentials, and recently signed a two-year contract to work as a program coordinator at the California State University in Chico, where she is responsible for recruiting and training energetic newcomers.

“It takes someone who is flexible,

adaptable and adventurous to join this program and then return year after year,” said Angeli. “It really gets in your blood. And you don’t even make that much money. That’s the crazy part.”

Camp counselor Melanie Snedeker has been jet setting with Camp Adventure for the last three years. Her previous locations include Naples, Italy and Okinawa, Japan.

Having recently graduated with a bachelor’s degree in marketing from Washington State University and flooding the Seattle job market with her resume (still waiting), she has decided to join camp in Naples at the end of August for a few weeks and enjoy the beaches along the Amalfi coast.

It is this spontaneity that keeps Snedeker and other camp enthusiasts returning every summer in search of another exotic location and the start of a new adventure. Benefits far exceed the daily stipend, they note.

The program benefits are numerous: Staff receive 12 hours of university credit at reduced cost, free airfare to and from site, basic lodging at no cost, a \$22 a day stipend for food and other expenses and the immersion into a foreign country.

With more than 180 sites to choose from, the most difficult decision for any camp jet setter is deciding where to go.

“Stuttgart was my top pick,” said Snedeker. “It’s right in the middle of Europe, and you can visit so many different countries.” – Brandon Beach

Suicide Prevention Week: Sept. 4 to 10

Silent killer stalks young & old – but it *can* be beaten

Undiagnosed depression:
A lethal threat at every age

By Donna Cohen

Depression is a serious public mental health challenge for our aging population. Depression goes unrecognized in half of the general population and in 80 percent of the older population (ages 65 and older).

This lack of detection, diagnosis, and treatment of depression in Americans of all ages, but especially older Americans, is unacceptable, since depressive disorders are treatable.

Elderly at high risk

Depression, coupled with other risk factors, can be lethal. Older persons, both in the United States and around the world, have the highest suicide rates of any other age group, and the rates increase with advancing age.

In the United States, older men complete 80 percent of all suicides in their age group. In other countries, older men and women appear to be equally likely to complete suicide.

Older adults show a greater degree of planning and are more intent on killing themselves than younger persons.

More than 70 percent of older suicides involve firearms, compared to 54 percent for the general population. The elderly are less likely to attempt suicide, with an average of 4 attempts for every completed suicide compared to an estimated 100 to 200 attempts for every completed suicide in younger age groups.

Careful planning, increased vulnerability, decreased reserve capacity to recover and relative social isolation contribute to increased lethality in the aged.

Older persons are less likely to be discovered after a suicide attempt, and they are less communicative about their ideation than younger persons.

The quiet desperation of suicide

Suicides are acts mediated by mental health problems, hopelessness, perceived burdensomeness, and desperation. Suicide pacts are very rare, but the suicide pact of an older couple in South Florida illustrates the quiet desperation and emotional bankruptcy of elderly suicides.

The method of death is unusual, but the antecedent circumstances – incapacitating illness, depression, and a suicide note – are not.

“MS,” age 85, and “ES,” age 80, had planned to die on New Year’s Eve. They asked the condominium maintenance man to remove their bedroom window screens, complaining that they blocked the ocean breeze. He removed them, and several hours later the couple completed suicide.

The results of the medical examiner’s investigation showed that MS and ES had crawled across the bedroom floor to the window and fell 17 floors to their death.

Both relied on walkers to get around their home. ES appeared to have helped her husband, who was weak and frail from emphysema, by pushing him out the window first before she followed.

A note was taped to the telephone; ES had a note in her blouse pocket.

This tragedy illustrates many of the characteristics of the victims and circumstances of suicide pacts. Most couples have been married a long time and have enjoyed what appears to have been a successful marriage.

However, disabling chronic or terminal illness, accompanied by depression and other late life stressors, intervene and begin to limit their control and independence.

The decision to complete suicide together is made reflectively, and typically the event is carefully planned.

Often, the double suicide occurs on a date significant for the couple or at a time shortly after one or both experience a significant deterioration in health.

Depression goes unrecognized in half of the general population and in 80 percent of the older population (ages 65 and older). This lack of detection, diagnosis, and treatment of depression in Americans of all ages, but especially older Americans, is unacceptable, since depressive disorders are treatable.

Physicians need to be alert to the warning signs. Most older patients who complete suicide have had a longstanding relationship with a primary care physician and have seen the doctor shortly before the suicide. Seventy percent have visited their physician within one month before killing themselves, 20 percent saw her or his physician the day they completed suicide, and 40 percent did so within one week.

How to help

Family members, friends, and neighbors need to be vigilant about risk factors for suicide. They may include advancing age, being male, chronic health problems, use of many medications, changes in health status, a previous suicide attempt, being unmarried, multiple losses, and firearms in the home.

If you see signs, there are several things you can do:

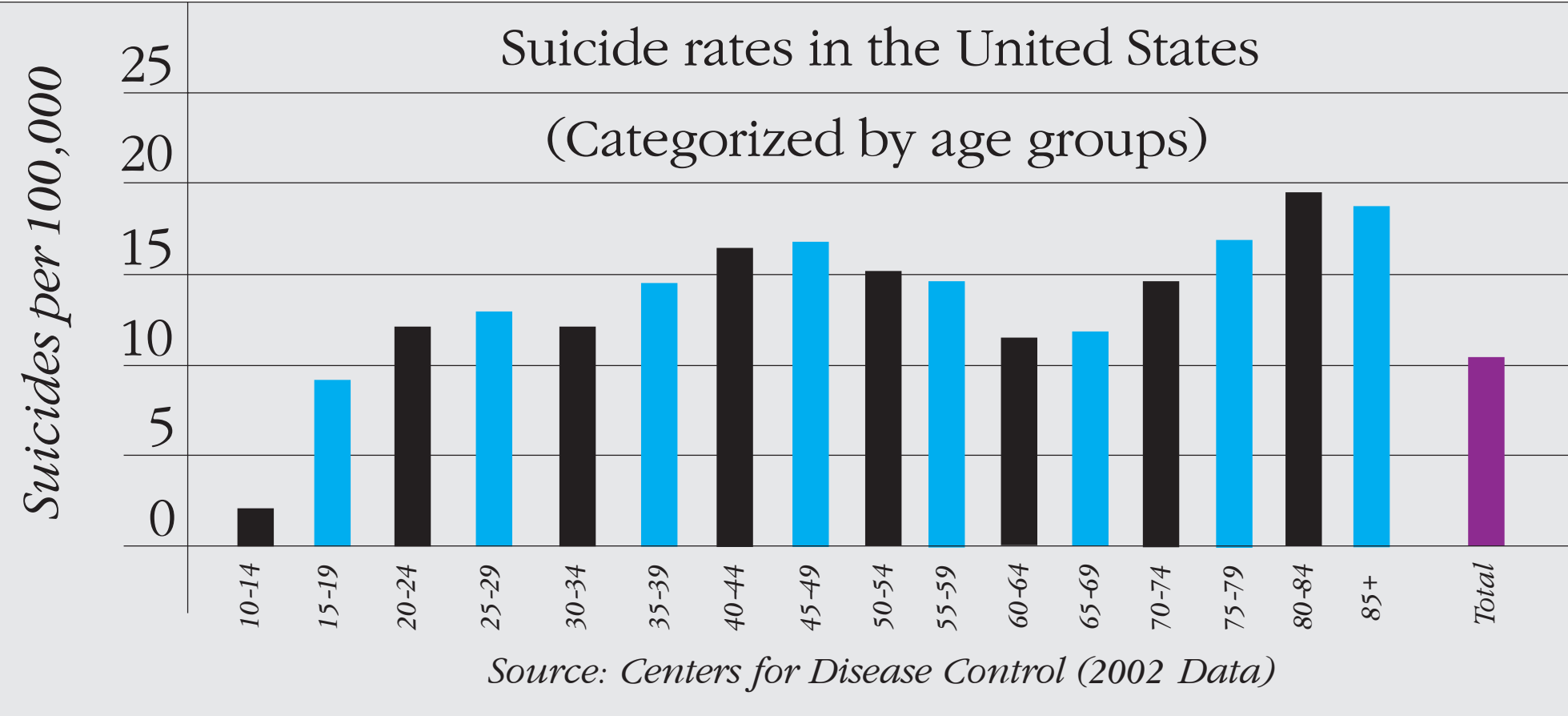
- Do not be afraid to ask if the older person has thought about suicide. You will not be giving them new ideas.
- Do not act surprised or shocked. This will make the suicidal person withdraw from you.
- Continue talking and ask how you can help.
- Offer hope that alternatives are available. Do not offer glib reassurance. It may make the person believe that you do not understand.
- Get involved. Become available. Show interest and support. If you cannot do this, find someone who can, such as a neighbor or a minister, priest or rabbi.
- Ask whether there are guns in the house. Ask the person what plans they have to die. The more detailed the plan, the higher the risk.
- Remove guns and other methods of killing oneself.
- Do not be sworn to secrecy. Get help from persons or agencies that specialize in crisis intervention.
- Call a crisis hotline in your area or seek the help of a specialist. Do not try to do things by yourself.

There is help in the community. If you believe there is a risk for suicide, contact a professional immediately. Call a suicide crisis center, a crisis hotline, a family physician, a psychiatric or medical emergency room, or a community mental health center listed in the yellow pages.

Not all suicides can be prevented, but we can be vigilant for the signs of this silent killer.

Cohen is a professor in the Department of Aging and Mental Health and Head of the Violence and Injury Prevention Program at the University of South Florida in Tampa, Florida. She may be contacted via e-mail at cohen@fmhi.usf.edu.

This article appears courtesy of the American Association of Suicidology (www.suicidology.org).



You can help: Here’s how

- Take suicide threats seriously.

Myth: “The people who talk about it don’t do it.” Studies have found that more than 75 percent of all completed suicides did things in the few weeks or months prior to their deaths to indicate to others that they were in deep despair.

Anyone expressing suicidal feelings needs immediate attention.

Remember: suicidal behavior is a cry for help.

Myth: “If a someone is going to kill himself, nothing can stop him.”

The suicidal person is ambivalent – part of him wants to live and part of him wants not so much death as he wants the pain to end. It is the part that wants to live that tells another “I feel suicidal.”

- Be willing to give and get help – sooner rather than later.

Suicide prevention is not a last-minute activity. Unfortunately, suicidal people are afraid that trying to get help may bring them more pain: being told they are stupid, foolish, sinful, or manipulative; rejection or punishment.

You need to do everything you can to reduce pain, rather than increase or prolong it. Constructively involving yourself on the side of life as early as possible will reduce the risk of suicide.

- Listen.

Give the person every opportunity to unburden his troubles and ventilate his feelings. You don’t need to say much and there are no magic words. If you are concerned, your voice and manner will show it.

Give him relief from being alone with his pain; let him know you are glad he turned to you. Avoid arguments and advice giving.

Myth: “Talking about it may give someone the idea.” If you ask a despairing person this question you are doing a good thing for him: you

The suicidal person is ambivalent.

It is the part that wants to live that tells another “I feel suicidal.”

are showing him that you care about him, that you take him seriously, and that you are willing to let him share his pain with you.

You are giving him further opportunity to discharge pent up and painful feelings.

If the person is having thoughts of suicide, find out how far his ideation has progressed.

- If the person is acutely suicidal, do not leave him alone.

Stay with the person, arrange for him not to be alone, and find professional help.

- Detoxify the home

If the person has access to a means of killing himself, remove this.

- No secrets.

It is the part of the person that is afraid of more pain that says “Don’t tell anyone.” It is the part that wants to stay alive that tells you about it.

Respond to that part of the person and persistently seek out a mature and compassionate person with whom you can review the situation.

(You can get outside help and still protect the person from pain-causing breaches of privacy.)

- Do not try to go it alone.

Get help for the person and for yourself. Distributing the anxieties and responsibilities of suicide prevention makes it easier and more effective.

Source: www.metanoia.org



Depression and a sense of isolation are two of the leading causes of suicidal thoughts. The good news is that both of these temporary situations are treatable. If you are thinking about suicide – or you know someone who is – know that help is available here and now.

Help is available

Army Community Service

- Stuttgart: Patch Barracks (Building 2307, 2nd Floor); 430-7176/civ. 0711-680-7176.
- Garmisch: Artillery Kaserne (Building 203); 442-2777/civ. 08821-759-777; patricia.howe@garmisch.army.mil.

Army Substance Abuse Program

- Stuttgart: Panzer Kaserne (Building 2948); 431-2743/civ. 07031-15-2743; www.stuttgart.army.mil/adco/index.htm.

Chaplain’s Office

- Stuttgart: Patch Barracks (Building 2307, 4th Floor); 430-5000/civ. 0711-680-5000.
- Garmisch: Sheridan Kaserne; 440-2819/civ. 08821-750-2819; ronald.ronald.w.benzing@us.army.mil.

Family Advocacy Program

- Stuttgart: Patch Barracks (Building 2307, 2nd Floor); 430-7176/civ. 0711-680-7176; keita.franklin@cmtymail.6asg.army.mil
- Garmisch: Artillery Kaserne; 442-2584/civ. 08821-759-2584; tatjana.schulz@garmisch.army.mil.

Social Work Services

- Stuttgart: Panzer Kaserne (Building 2996); 431-2627/civ. 07031-15-2627.

On-Post Emergency Services

- **Military Police: 114** (Stuttgart civilian 0711-680-114; Garmisch civilian 08821-759-114).
- **Ambulance: 116** (Stuttgart civilian 0711-680-116; Garmisch civilian 08821-759-116).

ASIST

The following community members have completed the Applied Suicide Intervention Skills Training course, which is sponsored by the Stuttgart Wellness Center. In addition to the agencies listed above, these individuals may be excellent resources for individuals who are experiencing thoughts of suicide or who know someone who is.

- Julianna Arias-Anderson
- Chief Master Sgt. Bruce Bolley
- Spc. David Bond
- Richard Bower
- Sgt. Donald Campbell
- Master Sgt Rick Carlsen
- Melanie Casey
- Jasmine Coty
- Robyn Cryer
- Staff Sgt. Daniela Davies
- Lori Everly
- YNC Delise Flewellen
- Keita Franklin
- Karen Gains
- Terry Gorham
- Staff Sgt. Chris Griffith
- Staff Sgt. Kimberly Graner
- Heather Haiss
- Gymmy Harris
- Maj. Terry Hayes
- Sgt. 1st Class Martel Herrera
- Master Sgt. Russ Horton
- Dr. Frances Hunt
- David Johnson
- Spc. Donqueako Jordan
- Anita Kaczmarek
- Heather Keeler
- Craig Knott
- Jenna Leibler
- Ron Lempman
- Pvt. Michelle LePage
- NNSOC David Longobardi
- Staff Sgt. Joel Luera
- Sgt 1st Class Pamela Miskel
- Jose Mundo
- Holly Munoz
- PNC Nicolas Nestor
- Terri Oshiro
- Senior Master Sgt Greg Outlaw
- Staff Sgt. Teressa-Ann Newton
- Master Gunny Sgt. Linda Roach
- Sgt. Pedro Rodriguez
- Kim Rose
- Shannon Runge
- Michelle Saylor
- Sue Schmidt
- Staff Sgt. Todossi Short
- Terri Siewinski
- Staff Sgt. Jason Shradnick
- Christine Sloan
- J. Suggs
- 1st Lt. Lawrence Wesley
- Randy Zamerinsky-Lussier
- Staff Sgt. Oneida Zapata

Ten-year-old tops Armywide photo contest

Youngest-ever winner among record number of participants

By Tim Hipps
Army News Service

The youngest winner in the 60-year history of the All-Army Photography Contest captured her award-winning image with a \$10 disposable camera.

Ten-year-old Brittney Rankin won the civilian division's monochrome people category of the 2004 Contest with a photo titled "Shadow Friends."

During a Morale, Welfare and Recreation Summer Youth Photo Class at U.S. Army Garrison-Michigan at Selfridge Air National Guard Base, instructor Jim Wilkie passed a disposable camera around and each participant took five photographs.

Rankin photographed the feet of classmates and their instructor who as they were reaching high into the air for the chairs of a swing set. Their shadows added to the imaginative image that won \$300 and a claim to fame as the youngest winner of the contest.

Working her way up

Photographing people's feet is old hat to Rankin, who began dabbling with cameras at age 4.

"She started taking pictures of feet because she didn't know to hold the camera up," explained her mother, Debbie Rankin. "She worked her way up every year until she finally had a full photo of the person instead of just the feet or the knees."

This time Brittney had a meaningful purpose for pointing the camera at people's feet.

"Mr. Wilkie had given me the idea to shoot that," she said of the class instructor who has been her photography mentor for the past two years. "I thought it was a good idea also to take pictures of shadows. I had taken those kinds of pictures earlier and I thought it would be cool."

"All of the kids had pretty much the same photos, but it's the imagination of shadows [that made the difference]," Debbie Rankin said.

"It's kind of unique," added Wilkie, who remembers the day Rankin got hooked on photography. He says he'll never forget the look on her face when she first saw an image appear on a photographic piece of paper dipped in developer in a darkroom at Selfridge.

"She was beaming," he said. "She almost fogged the paper she was so bright."

"I never realized what it looked like," Brittney Rankin said of the process.

"I'd seen it in movies and I thought it would be really cool to go in there and see what they did in there. And when I did, it was just wonderful," she added.

"I think it's fantastic," Debbie Rankin said. "They're interested in sports and other activities, so this is just another aspect. I think it's great for kids to be involved in this contest."

Contest open to all

The contest is open to all branches of service, and the winners reflected this.

"For years, they [service members outside the Army] didn't know they could compete in the All-Army contest," Wilkie said. The Marines, Coast Guard, Air Force and Navy personnel can all participate, he said.

"All they have to be is active duty or somehow attached to Selfridge if they want to enter. It makes for nice camaraderie."



Ten-year-old Brittney Rankin's "Shadow Friends" took first place in the civilian monochrome people category.

First-place winners received \$300, runners-up earned \$200, and third-place finishers received \$100.

Record participation

The 2004 All-Army Photography Contest had a record number of entries.

Eighty-one military personnel and 123 military civilians entered a total of 861 prints and seven short films, said Linda Ezernieks, program manager for arts and automotive at the U.S. Army Community and Family Support Center, headquarters for Army MWR.

All Installation Management regions were represented in the competition, which was judged at the National Endowment for the Arts in Washington, D.C.

The following individuals judged the competition:

- Thomas Rago, a photographer who has exhibited work in the United States, Germany and Italy.

- Nancy Rogers, director of public programs for the National Endowment for the Arts.

- Tony L. Chauveaux, NEA deputy chairman for grants and awards.

- NEA Director of Museum and Visual Arts Programs Robert Frankel served as moderator.

"The scope, diversity and quality of the entries from military communities from Italy to Korea to Iraq and all parts of the USA were impressive," Rago said.

Contest categories

Competition groups included monochrome prints, color prints and video (short film clips). The categories were experimental (altered prints), military life, people, place and thing.

For more information about the contest e-mail art@cfsc.army.mil. Information is also available online at www.armymwr.com.

The story originally appeared online at www.us.army.mil/arnews.



Master Sgt. Munnaf Joarder's "Dreamscape" won the military color experimental category.



Pfc. Scott Stewart earned first place in the military monochrome life category.



Robert LaPolice won the civilian monochrome life category.

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Pfc. Nimley Tabue completes his maintenance duties shortly after completing basic training. Tabue, a native of Liberia, fled that nation with his family to avoid tribal violence – and years after he re-settled in Chicago, he followed his father's advice to join the Marine Corps.

Heeding father's advice, immigrant joins Marines

By Lance Cpl. Dorian Gardner
Marine Corps Recruit Depot San Diego

After all the things he has been through, I'm sure he isn't worried about me screaming in his ear," said Staff Sgt. Nathan Nofziger, Platoon 1094 drill instructor, referring to one of his recruits, Pfc. Nimley Tabue.

Tabue, a soft-spoken native of Liberia, has faced challenges far greater than the rigors of boot camp. Facing tribal violence in their homeland, he and his family struggled just to survive.

Tabue's father came from the Krahm tribe, and his mother was a member of the Groble tribe. Tabue said his parents' tribal differences did not affect the family until a war between the tribes erupted in 1989.

"My father refused to kill, so [Krahm rebels] tried to kill him," Tabue said.

Tabue remembers fleeing for three days through the country as a child. "We stopped by a river once to get some water," said Tabue, who was with his mother and siblings at the time. "I held my four-month-old brother in my arms as he died."

Finding hope in America

Tabue's father, Aloysius Tabue, traveled to America searching for ways to improve his family's life, and he called home often.

"I learned about the Marines from my father," Tabue said. "He would say, 'If you guys come over here, make sure you do something with your life. The Marines will give you something no other service can.'"

Because of the war around him in Liberia, school became less of a priority, and Tabue was taken out of school following the second grade.

When he arrived in Chicago at age 12, Tabue re-enrolled in school. But after four years without touching a book, being back in the classroom presented a serious challenge.

"I forgot how to do math, and my English was bad," Tabue said. "I had to go to school over the summer and take extra classes."

After years of extra classes, Tabue's name joined the high school honor roll.

Tabue had not planned on leaving Chicago after graduating from high school, but he remembered what

'I learned about the Marines from my father. He would say 'make sure you do something with your life. The Marines will give you something no other service can.'

Pfc. Nimley Tabue
U.S. Marine Corps

his father had always told him about the Corps.

"He told me, 'This is where they separate the men from the boys,'" Tabue said.

Welcome to the Marines

Adjusting to boot camp was harder than any English class, Tabue admits.

"When he showed up, he was lost," Nofziger said. "He couldn't accomplish any of the simplest tasks. His [bunk] mate helped him with everything."

Tabue agreed. "The first day was horrible. I almost lost my temper when the drill instructor got in my face ... but I told myself it was just a mind game," he said.

"I had trouble speaking in third person," he continued. "Instead of saying 'This recruit requests permission to use the head,' I would say, 'I would like to use the head.' Drill instructors didn't really like that."

When the time came for The Crucible (a rigorous 54-hour field-training test that all recruits must complete before becoming Marines), Tabue "stepped up," Nofziger said. "He wasn't a squad leader, but he acted as one."

Tabue said the physical aspects of The Crucible were not as challenging for him as the mental parts were.

"We had people arguing among themselves for nothing," he said. "Everybody was giving orders but nobody wanted to lead. Some people don't want to do it, but you got to step up and tell them, 'Hey, we got to get this done.' I am not usually the person to do that."

Tabue said after Marine Corps recruit training, he'll become a mortarman in the Marine Corps Reserves.

And he'll be ready to fight.

Iraq veteran earns first 'Sentinels of Freedom' scholarship

By Samantha L. Quigley
American Forces Press Service

Sgt. Manuel Mendoza-Valencia, 24, of San Ramon, Calif., was presented with the first Sentinels of Freedom scholarship Aug. 19 in the Pentagon's Hall of Heroes.

"Sgt. Manny Mendoza has been an example of will and courage both on the battlefield and in his recovery," said Gordon England, acting deputy secretary of defense. "He has given greatly in service to America. Manny has much more to give and a long, bright future ahead of him."



Mendoza

A veteran of Operation Iraqi Freedom, Mendoza lost his right leg at the hip and his left leg above the knee after his M-113 armored personnel carrier was hit by an improvised explosive device Oct. 3, 2004, in Sadr City, Iraq.

The scholarship will provide him with adapted housing, an adapted vehicle, educational benefits, job training and placement with SBC Communications.

'A Godsend'

Mendoza said he is very grateful for those opportunities. He does feel, though, that the award comes with certain obligations.

"I think it's a Godsend that I found them and they found me and that they're willing to [do] so much on their part and [put] so much trust in me to really go ahead with this program and kind of spearhead it for everybody else," he said. "It's a big responsibility. A lot of people tend to look at you as an example, being the first one."

Mendoza's leadership skills played a role in his being selected for the scholarship, said retired Army Maj. Gen. Ron Lowe, the Sentinels program's Army liaison.

"Based on that job [with SBC] we knew we needed someone with some maturity, some leadership experience and certainly a good attitude," he said. "Also, somebody who has potential for going ahead and getting a college degree."

After coordinating with the staff and the Veterans Affairs representative at Walter Reed Army Medical Center, it was decided that Mendoza fit the bill.

Mendoza, who was with the 58th Combat Engineer Company, 11th Armored Cavalry Regiment, when he was injured, said that what the scholarship offers him is exactly what he would have done upon his return home anyway.

"It gives me the opportunity to be able to do what everybody else would," Mendoza said. "It's pretty much what I would have done for myself if I would have come back not injured and been able to go to school ... They're just helping me get there."

'We owe them something'

Sentinels of Freedom was created by Mike Conklin of San Ramon, Calif., and is an organization of business, educational, community and religious leaders from that area.

The organization's goal is to help severely wounded Soldiers returning from Iraq, officials said.

For Lowe, these types of programs are important because it shows the troops that America supports them and will welcome them home when they return.

"Our troops have volunteered ... to defend America and they've been injured in the process," Lowe said. "And based on that ... we owe them something. America has an obligation to these military people who stepped up and have been injured in the line of duty."

For Mendoza, Sentinels of Freedom has just confirmed what he already knew: that America is ready to welcome home its heroes.

"You'll be welcomed," he said in a message to his comrades. "You'll be back with your family. You'll be here. You'll be safe. Everybody here is just waiting for you to come home."

For more about support programs available for military members and their families visit www.militaryhomefront.dod.mil.

Sexual Assault: Not in our Army

New DoD policy increases opportunities to report sexual assault, receive counseling & support

By Beth Reece
Army News Service

Victims of sexual assault may now seek medical care, counseling and support without triggering an investigation.

A new Department of Defense policy for confidential, restricted reporting protects victims not ready or willing to face the criminal investigation process, but who need medical treatment and counseling.

"Although the department would prefer complete reporting of sexual assaults to activate both victim services and accountability actions, we believe our first priority needs to be for victims to be protected, to have them treated with dignity and respect, and to receive the medical treatment, care and counseling that they deserve," said David Chu, the undersecretary of defense for policy and readiness.

To use the new restricted-reporting option, victims should contact the sexual-assault response coordinator at their local Army Community Service offices, their healthcare providers or chaplains.

Upon notification of an assault, the SARC will assign a victim advocate to guide the victim through treatment. Victims who pursue official investigations through unrestricted reporting will also be paired with victim advocates.

Advocates provide information on restricted reporting versus unrestricted reporting, thus helping victims make more informed decisions about participating in an investigation.

"The advocate is an outsider, someone outside of the victim's organization, who will sit down and discuss options with the victim. Although we encourage victims to report as

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David Chu

Undersecretary of Defense for Policy and Readiness

we discuss their options, we do not force them to report. This is something we take very seriously," said Col. Paris Mack of the Human Resources and Policy Directorate.

Leaders hope that allowing confidentiality will give victims confidence that their commands care about their needs and that appropriate agencies will conduct fair investigations.

"Victims may ask themselves, 'Is anyone going to believe me because I was intoxicated or because I was at the wrong place at the wrong time?' They may feel ashamed or embarrassed," Mack said. "Hopefully, more people will start to have faith in their commands and want to come forward."

The new policy will help commanders discover how frequently sexual assault occurs in their units, as SARCs must notify them of incidents within their commands.

Commanders will not learn details that could identify victims, but will receive enough information to enhance training and prevent threats to the health or safety of others.

The former policy required victims who sought medical help and counseling to also endure an official investigation.

While this led to many victims going without treatment, it also left leaders in the dark about how frequently sexual assaults occurred within their ranks.

The policy memorandum was released March 16, but did not become effective until June 16 to allow specialized training for individuals involved in responding to sexual assault.

DoD defines sexual assault as "intentional sexual contact, characterized by use of force, physical threat or abuse of authority, or when the victim does not or cannot consent. Sexual assault includes rape, nonconsensual sodomy (oral or anal sex), indecent assault (unwanted, inappropriate sexual contact or fondling), or attempts to commit these acts. Sexual assault can occur without regard to gender or spousal relationship or age of victim."

For more information about the prevention of sexual assault in Europe visit www.hqusareur.army.mil and click "Sexual Assault: Not in our Army" (on the right side of the USAREUR home page).

Community Blood Drive in Stuttgart

Patch Fitness Center – Sept. 13 & 14 – 9 a.m. to 3 p.m.



Important Information

1) All potential donors must know the following:

- The names of any medications have taken in the previous four weeks.
- Any immunizations you have had (and when you received them).
- Every place you have been outside the United States or Canada since 1980 (including deployments).

2) You may not be able to donate blood if ...

- You have a cold, flu or fever.
- You have had a tattoo or acupuncture in the previous year.
- You weigh less than 110 lbs.
- You have traveled to Turkey, Iraq or the western provinces of Saudi Arabia.
- You have been in Korea (north of Seoul – including the DMZ tour).
- You spent three months or more in the United Kingdom between 1980 and 1996.
- You spent six months or more on a military installation in Europe between 1980 and 1996.
- You have lived in Europe for five years or more (cumulative) since 1980.
- You have had hepatitis after age 11.
- You have ever tested positive for HIV
- You are pregnant or have been pregnant in the previous six weeks.

The Stuttgart community blood drive is co-sponsored by the 52nd Signal Battalion and the Landstuhl Army Medical Center Blood Bank.

For more information about the Armed Services Blood Program visit www.militaryblood.dod.mil.

Death benefits, SGLI coverage increasing for U.S. service members, families

By Sgt. Sara Wood
American Forces Press Service

Compensation for the survivors of service members who die in combat zones and insurance coverage for service members will both increase significantly this year.

An increase in death gratuity benefits from \$12,500 to \$100,000 has already taken effect, and Servicemembers' Group Life Insurance maximum coverage will increase to \$400,000 starting Sept. 1, said Col. Virginia Penrod, director of military compensation.

The increase in death benefits took effect May 11 and is dated retroactively to Oct. 7, 2001, Penrod said. This means that survivors of service members who died between Oct. 7, 2001, and May 11, 2005, will receive the increased benefits, as will survivors of service members who die from May 11 on, she said.

The increased benefits are for survivors of service members who die in combat zones, combat operations and combat-related situations, she said. Combat-related situations can include airborne duty, combat training, demotion duty and training exercises, among other things, she said.

A policy designating combat areas and situations was given to the individual services in June, and each service is now reviewing cases. Payments already have begun, but the process of identifying and paying all eligible survivors could take several months, she said.

When the increase in SGLI coverage takes effect Sept. 1, it will be dated retroactively to Oct. 7, 2001, she said. Survivors of service members who died in a combat zone, combat operations or combat-related situations between Oct. 7, 2001 and Sept. 1, 2005, will receive \$150,000 in transitional insurance, which will bring them to the \$400,000 level, she said.

In addition to the increased coverage, the Department of Defense will pay premiums of \$150,000 for servicemembers involved in combat operations or deployed to a combat zone, Penrod said.

The increase of these two benefits came about as a result of a 2004 study evaluating the adequacy of death benefits for service members, she said. The study found that benefits were adequate, but didn't recognize the unique sacrifice made by service members who die in combat situations, she said.

"There was concern that we weren't recognizing direct sacrifice of life in service to our nation," she said. "That's how the increase was made for those particular situations."

Frequently-asked questions about the SGLI coverage increase

General Information

How much will SGLI coverage increase?

The maximum level of SGLI will be increased automatically from \$250,000 to \$400,000, effective September 1.

Who will be affected by this change?

All servicemembers and reservists eligible for full-time SGLI will automatically become insured for \$400,000 regardless of any previous requests to reduce or decline SGLI.

What coverage amounts will be available?

SGLI will be available only in increments of \$50,000. Previously, service members could elect coverage in increments of \$10,000.

Rates & Family Coverage

How much will additional coverage cost?

The SGLI rate remains at 6.5 cents per \$1,000 per month, or \$3.25 for \$50,000 of coverage.

Will the maximum amount of Family SGLI increase on Sept. 1, 2005?

No, the maximum amount of Family SGLI will still be \$100,000; however, your spousal coverage may not exceed your SGLI coverage amount.

Where can I find more information?

Visit www.insurance.va.gov and click the SGLI link.

Accepting or declining additional coverage

If the SGLI increase is automatic, how do I reduce or decline my coverage?

You must complete form SGLV-8286 to reduce or decline SGLI. The form must be witnessed by authorized military personnel and forwarded to your personnel support staff or unit technician.

Why must I reduce or decline SGLI by completing form SGLV-8286?

To avoid any possibility of administrative oversight, all SGLI increases are automatic and mandatory. Form SGLV-8286, properly completed, is authority to a payroll office to change or stop the deductions for SGLI premiums based on the amount of coverage elected.

When is the earliest I can reduce or decline the automatic \$400,000 coverage?

The earliest you can reduce or decline the automatic \$400,000 coverage is September 1. The revised Form SGLV-8286 will be available on the SGLI forms page of the SGLI Web site on August 31.

Retirees to have additional year to enroll for Survivor Benefit Plan coverage

Department of Defense Release

The Department of Defense has announced that military retirees who opted out of some or all their Survivor Benefit Plan coverage will have another opportunity to elect coverage during a one-year open enrollment period from Oct. 1, 2005, to Sept. 30, 2006.

Upon a retiree's death, SBP provides an annuity of up to 55 percent of the military retired pay. Until recently, the annuity for a surviving spouse age 62 or older was reduced to 35 percent to reflect the availability of Social Security benefits. This reduction will phase out by April 2008, and the full 55 percent benefit will be paid, regardless of the spouse's age, in accordance with the Fiscal 2005 National Defense Authorization Act.

Current non-participants will be able to elect any coverage they could have elected previously upon retiring from active service or upon receiving notification of eligibility for reserve retired pay at age 60.

If they have a reduced election, they may increase their coverage. Participants with child-only coverage may add a spouse or former spouse to their coverage, and members may add child coverage to spouse or former spouse coverage.

But those who took SBP coverage and later elected to terminate that coverage are not eligible to make an open enrollment election.

Open enrollment elections require a lump sum buy-in premium as well as future monthly premiums. The lump sum equates to all back premiums, plus interest, from the date of original eligibility to make an election plus any amount needed to protect the Military Retirement Fund.

The latter amount applies almost exclusively to those paying fewer than seven years of back payments.

Open enrollment elections require a lump sum buy-in premium as well as future monthly premiums. The lump sum equates to all back premiums, plus interest, from the date of original eligibility.

The lump sum buy-in premium can be paid over a two-year period. Monthly premiums for spouse or former spouse coverage will be 6.5 percent of the coverage elected, the same premium paid by those currently enrolled. Reserve component members under age 60 and not yet eligible for retired pay do not pay back premiums or interest, but must pay a monthly SBP premium "add-on" once their retired pay starts.

Elections are effective the first day of the month after the election is received, but no earlier than Oct. 1, 2005. An election is void if the retiree dies in the two years following an election, and all premiums are refunded to the designated survivor.

To make an open enrollment election, a retiree must complete and submit a DD Form 2656-9, "Survivor Benefit Plan (SBP) and Reserve Component Survivor Benefit Plan (RCSBP) Open Enrollment Election." The form is available at www.dtic.mil/whs/directives/infomgt/forms/eforms/dd2656-9.pdf.

For more information visit www.defenselink.mil/militarypay/survivor/.



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‘At War & Transforming’ Land Combat Expo to offer wealth of information for service members, civilians, families



The U.S. military's efforts in Iraq will be one of many topics of interest to service members, civilians, family members and local national employees during U.S. Army, Europe's annual Land Combat Expo. This year's event will take place Sept. 21 to 23 in Heidelberg.

By Hugh C. McBride

U.S. Army, Europe's highest-profile forum for service members, civilians and families will be returning to Heidelberg's Patrick Henry Village Sept. 21 to 23.

Organized under the theme "USAREUR at War Today and Transforming for the Future," the command's fourth annual Land Combat Expo will highlight the range of contributions that USAREUR is making in support of military operations, community well-being and international relations.

A unique opportunity

"The LCE is USAREUR's premier professional-development forum for leaders, Soldiers, civilian employees, family members and international participants," wrote USAREUR Commander Gen. B.B. Bell in an Aug. 8 memorandum.

"The LCE provides insight into new technologies, skills and initiatives that will shape the Army of the future," Bell wrote. "Take advantage of this unique opportunity to learn how USAREUR and the Army are transforming to meet the unique challenges of tomorrow."

Family support

Though its title might lead some to think it is a warriors-only event, the Land Combat Expo will offer a wealth of information for civilian employees, family members and local-national workers.

In addition to information about transformation and its effects on Army communities, the expo will also feature daily family-focused seminars conducted by authors Dr. M. R. and Jane Covey.

The Coveys will speak with event attendees about "Eight Habits of Success-

Land Combat Expo 2005 Featured Speakers

Gen. B.B. Bell,
USAREUR Commanding General
"USAREUR at War Today"

Gen. James Jones
Supreme Allied Commander Europe
"EUCOM and NATO Transforming and Supporting the Global War on Terror"

Gen. (Ret.) Barry McCaffrey
Professor of International
Security Studies, West Point
"Prosecuting the War on Terror"

ful Marriage," "Seven Habits of Highly Effective Teens" and "Seven Habits of Highly Effective Families."

Civilian employees will be the focus of discussions such as one led by Lt. Gen. Franklin Hagenbeck, the Army's G-1 deputy chief of staff. Hagenbeck will provide information about the future implications of changes to the Army's personnel programs, plans and policies.

Hagenbeck's assistant, Melinda Darby, will lead a seminar entitled "Change and Innovation in the Army – Implications for Soldiers and Civilians."

In addition to the seminars and speakers, the U.S. and allied militaries will also present a number of static and hands-on displays of past, present and future equipment, uniforms and the like.

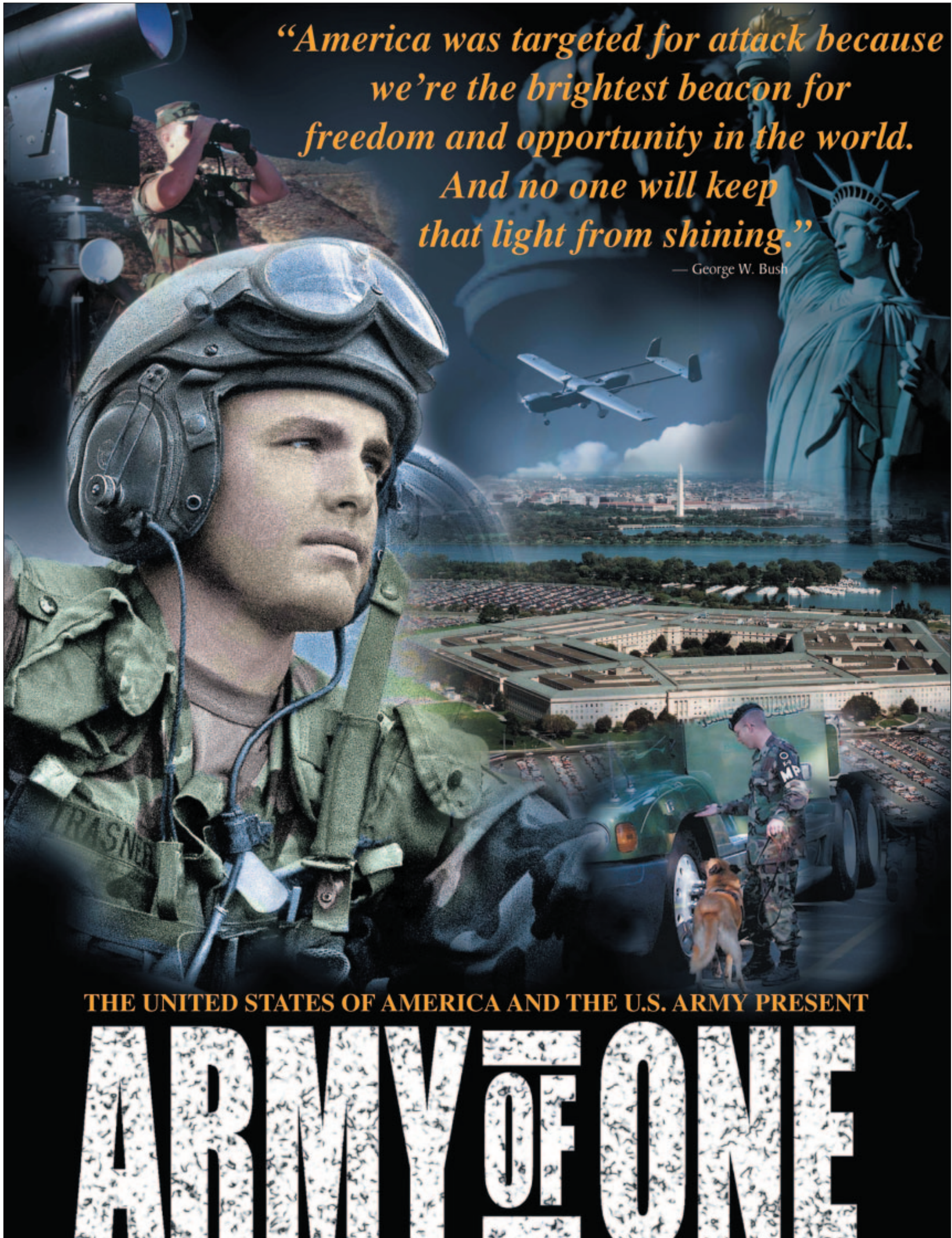
For an extensive overview of the Land Combat Expo visit www.expo.hqusareur.army.mil.

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Evaluation





*“America was targeted for attack because
we’re the brightest beacon for
freedom and opportunity in the world.
And no one will keep
that light from shining.”*

— George W. Bush

THE UNITED STATES OF AMERICA AND THE U.S. ARMY PRESENT

ARMY OF ONE